

Artichokes

Artichokes are part of the thistle group in the sunflower family. Almost all commercially raised artichokes grow in California. And 8 out of 10 are grown Monterey County. Castroville, a small town with a population of about 6,000 and located in Monterey County, calls itself the "Artichoke Center of the World" because three-fourths of all California artichokes are grown in this area. Each May Castroville hosts the Artichoke Festival with lots of good food, featuring (what else!) artichokes!

